



Dixon Pool Summer 2016

Weekends from May 28 through September 5: 11:30am - 7:00pm

Weekdays from May 31 through June 17: 4:00pm - 7:00pm

After June 17 Weekdays & Weekends: 11:30am - 7:00pm

Dixon Park Pool is located in Dixon Park, 1300 Dixon Street, Fredericksburg, Va
(540) 372-1086 - Parks & Recreation Office

(540) 310-0665 - Pool Phone (answered during operational hours)

Email: fredprpf@fredericksburgva.gov

Daily Admission Fees:	Residents (zipcode must be 22401)	Guest & Non-Residents
Baby: 2 Years & Under	FREE	FREE
Child: 3 to 17 Years	FREE	\$5.00
Adult: 18 to 54 Years	FREE	\$7.00
Senior: 55 Years & Older	FREE	\$5.00

PHOTO ID REQUIRED

A Photo ID or a Pool Issued ID Card is required for both residents and non-residents ages three and over to enter the pool. To obtain a Pool ID Card you need a valid Photo ID that has proof of age and residency. Acceptable documents are driver's license, voter registration card, utility bill, school ID, or a personal check with your address (which must match Driver's License). Initial Pool ID Card is issued free of charge, however, there is a replacement fee if lost. All admission fees still apply where applicable. Guests are welcome but MUST pay the non-resident fee.

Pool ID Cards are issued at Dixon Pool beginning May 28 through September 5.



For more information, please visit www.fredparksrec.com and click on "Dixon Pool" for:

- Admission Requirements
- Group Rates
- Pool Rental Forms/Information
- Dixon Pool Rules
- Discount Pool Punch Card Information
- Swimming Lessons Registration Form



Parent/Child Swimming

6 months - 3yrs

These skills offer a foundation for learning the swimming strokes. Safety topics are also presented. **A parent is required to be in the water.** Instructor will work with each group/level as determined. Swim lessons are eight classes at 30 minutes each. Instructor: P&R Staff. Pre-registration required. Location: Dixon Pool.

**Session 1: Mon.-Thurs., 10:15am - 10:45am
June 20 - June 30**

**Session 2: Mon.-Thurs., 6:45pm - 7:15pm
June 20 - June 30**

**Session 3: Mon.-Thurs., 9:45am - 10:15am
July 5 - July 14 (No class 7/4. Makeup 7/8.)**

**Session 4: Mon.-Thurs., 6:45pm - 7:15pm
July 5 - July 14 (No class 7/4. Makeup 7/8.)
\$39/\$46 (residents/non-residents)**

Preschool Swim Lessons

4yrs - 5yrs

Children are taught to feel comfortable in the water while learning elementary aquatic skills. Swim lessons are eight classes at 30 minutes each. Instructor: P&R Staff. Pre-registration required. Location: Dixon Pool.

**Session 1: Mon.-Thurs., 9:45am - 10:15am
June 20 - June 30**

**Session 2: Mon.-Thurs., 10:15am - 10:45am
June 20 - June 30**

**Session 3: Mon.-Thurs., 9:45am - 10:15am
July 5 - July 14 (Friday July 8 Make up day)**

**Session 4: Mon.-Thurs., 10:15am - 10:45am
July 5 - July 14 (No class 7/4. Makeup 7/8.)**

**Session 5: Mon.-Thurs., 9:45am - 10:15am
July 18 - July 28**

**Session 6: Mon.-Thurs., 10:15am - 10:45am
July 18 - July 28
\$39/\$46 (residents/non-residents)**



Dixon Pool Swim Lessons

Classes are held Mondays - Thursdays (except July 4th week). Fridays are used as make-up days.



Private Swim Lessons for Everyone

5yrs – Adult

Private lessons offer one-on-one instruction for all ages and all abilities (8 sessions 30 minute classes) during June 13 – August 12 as scheduled by you & instructor. Instructor: P&R Staff. Pre-registration required. Location: Dixon Pool.

Monday – Sunday, 9:45am – 7:45pm
\$120/\$120 (residents/non-residents)

Swim Lessons Level 1 (Introduction to Water Skills)

6yrs – 17yrs

Water adjustment, floating, breath control, water entry/exit, walking through the water comfortably, supported kick on front and back, alternating arm action, basic water safety rules, and simple rescue. Swim lessons are eight classes at 30 minutes each. Instructor: P&R Staff. Pre-registration required. Location: Dixon Pool.

Session 1: Mondays – Thursdays, 10:45am – 11:15am
June 20 – June 30

Session 2: Mondays – Thursdays, 6:45pm – 7:15pm
June 20 – June 30

Session 3: Mondays – Thursdays, 10:15am – 10:45am
July 5 – July 14 (No class 7/4. Makeup 7/8.)

Session 4: Mondays – Thursdays, 7:15pm – 7:45pm
July 5 – July 14 (No class 7/4. Makeup 7/8.)

Session 5: Mondays – Thursdays, 10:45am – 11:15am
July 18 – July 28

Session 6: Mondays – Thursdays, 6:45pm – 7:15pm
August 1 – August 11
\$39/\$46 (residents/non-residents)

Swim Lessons Level 2 (Fundamental Aquatic Skills)

6yrs – 17yrs

Breath holding, retrieving objects, orientation to deep water, front and back floating, water entry/exit, flutter kick, combined stroke, turns, personal safety and rescue skills. Must pass Level 1 skills test to enter Level 2. Swim lessons are eight classes at 30 minutes each. Instructor: P&R Staff. Pre-registration required. Location: Dixon Pool.

Session 1: Mondays – Thursdays, 7:15pm – 7:45pm
June 20 – June 30

Session 2: Mondays – Thursdays, 10:45am – 11:15am
July 5 – July 14 (No class 7/4. Makeup 7/8.)

Session 3: Mondays – Thursdays, 9:45am – 10:15am
July 18 – July 28

Session 4: Mondays – Thursdays, 7:15pm – 7:45pm
July 18 – July 28

Session 4: Mondays – Thursdays, 10:45am – 11:15am
August 1 – August 11
\$39/\$46 (residents/non-residents)

Swim Lessons Level 3 (Stroke Development)

6yrs – 17yrs

Object retrieval (eyes open), bobbing (submerged head), jumping into deep water, diving from a kneeling position, glides, arm strokes, back crawl, elementary backstroke, reversing directions while swimming on front and back, treading water, deep water entry with life jacket, H.E.L.P. position, huddle position, and basic rescue techniques. Must pass Level 2 skill test to enter Level 3. Swim lessons are eight classes at 30 minutes each. Instructor: P&R Staff. Pre-registration required. Location: Dixon Pool.

Session 1: Mondays – Thursdays, 10:15am – 10:45am
July 18 – July 28

Session 2: Mondays – Thursdays, 7:15pm – 7:45pm
July 18 – July 28

Session 3: Mondays – Thursdays, 9:45am – 10:15am
August 1 – August 11
\$39/\$46 (residents/non-residents)

Swim Lessons Level 4 (Stroke Improvement)

6yrs – 17yrs

Deep water bobbing, rotary breathing, diving from side of pool (stride and standing positions), elementary backstroke, sculling, front crawl, back crawl, breaststroke, sidestroke, wall turns, treading water, rescue breathing, and an introduction to CPR. Must pass Level 3 to enter Level 4. Swim lessons are eight classes at 30 minutes each. Instructor: P&R Staff. Pre-registration required. Location: Dixon Pool.

Mondays – Thursdays, 10:15am – 10:45am

August 1 – August 11

Mondays – Thursdays, 6:45pm – 7:15pm

August 1 – August 11

\$39/\$46 (residents/non-residents)



Aloha!
Celebrate your child's birthday with us and plan a **Luau Party** at Dixon Pool this summer!

Birthday parties may be scheduled
Monday-Friday, 12:30-2:30 PM
Sundays, 12:30-2:30 PM or 3:00-5:00 PM
*Pool is open to the public during these times.

The rental fee is \$75 for 20 guests for 2 hours.
You provide cake, food and fun!
*Payment must be made in full.

Make your reservation TODAY!
Contact Facility & Pool Manager,
Camilla Jacobs at
csjacobs@fredericksburgva.gov

Aqua Zumba

13yrs – Adult

This high energy fun water aerobics exercise fitness program offers less impact on your joints during an aquatics class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Instructor: Joanna Farrell. Pre-registration required. Location: Dixon Pool.

Saturdays, 10:30am – 11:15am

June 4 – June 25

July 9 – August 6 (NO class July 30)

\$40/\$40 (residents/non-residents)

Enjoy these special nights at Dixon Pool!

Float & Noodle Night

Wednesday, June 29 at Dixon

Pool at 8:00pm

\$2.00 per person

The one night your noodles and floats are welcome. Come relax at this starlit session. Open to all ages. No pre-registration needed.



Red, White & Pool

Wednesday, July 6 at Dixon Pool at 8:00pm

\$2.00 per person

If you like games, this is your night! Open to all ages. No pre-registration needed.

Zombie Hunt

Wednesday, July 27 at Dixon Pool at 8:00pm

\$2.00 per person

Can you find the safe zone at the pool? Open to all ages. No pre-registration needed.

Pirate's Treasure

Wednesday, August 10 at Dixon Pool at 8:00pm

\$2.00 per person

Scavenger hunt at the pool. Open to all ages. No pre-registration needed.

Soggy Doggy Swim

Friday, September 9 at Dixon Pool at 5:30pm

\$5.00 for up to two dogs

Ending summer when dogs rule the pool! Open to dogs 12 weeks and older. Pre-registration recommended.